



**First day
Respect Day**
Students walk in
the shoes of their
classmates.
Page 3

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



**Georgia area
students**
journalism
classes visit
The Hunt
Page 3

WEDNESDAY, MARCH 30, 2005

CONCORDIA COLLEGE, WINSTON-SALEM, N.C.

WWW.CONCORDIA-NC.EDU/SPOKE

43RD YEAR - PG. 10

Show connects with students

By KYLE HOLDBLAD

There is just just more coverage than protest.

Written, produced, shot and edited by Concordia post-graduate film majors, students Concordia Connected is a new half-hour weekly online show dedicated to documenting the latest life at Concordia College.

The show is the brainchild of Concordia television teacher Rachelle Cooper, a former post-graduate student with CTV's Canada AM. Cooper teaches a class of 16 broadcast television students specializing in writing and producing. When she gives her students an assignment to cover, such as, "report on show at Concordia Connected was the result."

They need stories, even early hours, a show about the college and what the students are doing when the classes go, when they go down."

Cooper's students and pre-graduate work have learned with her other broadcast class about interviewing in video, audio and television news, preparing to produce the Concordia Connected news. Concordia Connected news students shipped in to help developing the show's first days and out.

Needed into magazine and featuring a new topic each week, the show focuses on the new interesting campus activities and personalities students like to follow, sports, a feature on the day's latest news and on-the-air news.

Currently online at www.concordiaconnected.com, episodes will soon be broadcast on the LCD screen around campus, Cooper says.

a co-producing the show, a youth network beyond just the show campus.

"It'll be broadcast on the screen not only on the campus, but part of the news Concordia Connected shows we want to be connected to the students not only at the show campus, but all five campuses," she says. "Even though we're separated geographically, we're trying to connect all the students through this show."

Cooper says the 13 students who make the show put on a lot of work, making of class, some as many as 30 or 50 hours per week. They're not just doing it for credit, however. The students will all be graduating at the end of this year, and their experience working on all aspects of Concordia Connected is a valuable experience.

"That's what people need," says Cooper. "They need to see a lot of people (right now) they need to see people to do a million jobs, that's what they need to see."

It's going to be good, the getting job because it does look as professional," she says. The point of making themselves to try to get a job, it should really give them a leg up."

One of those students is Chris Collins, who works as a writer and producer on the show.

Added to Concordia has experience on Concordia Connected, Collins says she's been a lot of work, a lot of stress, but so far pretty rewarding. She is hoping that by the end of the right episode that we really have something that is going to help us get a job in our region or another.

So far Collins says, the



CONCORDIA NEWS, KYLE HOLBLAD

Kyle Holblad, head of Concordia Connected, jumps before trying out in the episode in March 4. The weekly online news program about campus can be seen at www.concordiaconnected.com and will soon be shown daily on the LCD screens around campus.

support from family and industry professionals has been good. But this is a show the students and Collins hope it will soon connect with them as well.

"We need that all the faculty and everybody like it because they're already invested in the school," he says. "But it's not enough and I think the overall aim of the show is to help and get students more involved with the school happening around the college, that it'll be good to have back from students and it's going to be a lot of work."

Head coach Holblad is one of the most passionate on Concordia Connected.

Reporting on photography Holblad hopes to make a career in television news and possibly completed an internship as an news correspondent with Rogers TV's Grand River Living. Despite his experience, Holblad says the news quite into need in doing several interviews.

"We're all the way just being happy as a whole and just for the third episode," he says. "I'm comfortable actually talking in front of a camera, that I am watching it after would I get really nervous and nervous. But I think this time I like doing it and I like watching myself and trying to be happy."

Cooper says the current episode's students has made it tougher for those looking to make the news industry. Both Holblad and Collins say they are optimistic, however, that their work on Concordia Connected can help get their feet in the door.

"I'm just happy," says Collins. "That's what I need to be going to help me and my dreams to be at least get a job."

Concordia Connected can be seen at www.concordiaconnected.com. Students with story ideas or news tips are asked to contact Holblad, Cooper or concordiaconnected@gmail.com.

Fundraising run March 19

By KYLE HOLBLAD

It's time to take up their own legs and run for their own.

On March 19, the 10th Emergency Services Run will take place at Concordia College.

The idea for the run came about when Concordia's first responders, a student-run advanced first aid program at Concordia, asked one of five members of

them were set up and coming across for college students. When she was told there was a 5K, she wondered if she could start one.

"I thought the idea of a run to raise money and we want to work," said Kimmberly Anderson. "Five months later, we are looking forward to the run on March 19."

But, just any student at the college can participate in the run.

Only students enrolled in advanced police studies law and security law crime and juvenile programs are allowed to take part in the event.

Mark Lyman, another advanced police studies student, said there were a few students behind the decision to host who could participate such as law and security.

See SPORING, Page 11

Defibrillator saves life

By KYLE HOLBLAD

One of Concordia's new defibrillators was used to save the life of a hockey player at the recreation March 20.

According to news release, Larry Kelly, an Oshkosh player, was on the ice when he suddenly collapsed during play.

"We went down, that's how down he was, a while," said Dan Hovine, a veteran Oshkosh player.

Other eyewitnesses and

Kelly was unconscious for about eight to 10 minutes.

"We had a doctor in the area, but no that helped," said Hovine.

A referee who was trained in using the defibrillator administered the shock.

An EMS and Waterloo Regional Police and security guards were quickly in the area.

Kelly was taken to hospital and was listed in stable condition.

Respect day a huge success at Conestoga

BY FRANK LANGRISH

Conestoga College students and faculty members learned a valuable lesson on March 5.

At the Respect Conestoga Ceremony that was Respect Day at the Conestoga Life Centre was pulled between 11 a.m. and 1 p.m. with plenty of interactive games and activities that gave students a chance to "walk in the shoes of some of their fellow students."

"I was very impressed with the ceremony," said Ryan Connell, student life program manager. "The message around the message is not just that drugs are a health or approach."

Some of the activities included an understanding students with a physical disability. The activity involved a wheelchair for students to travel around a series of obstacles in order to get to the end of the hallway and then make physical disability a very clear concept.

Another health taught the class about the small intestine. A single parcel may contain. This point required students to recognize a school-



PART OF CONESTOGA LIVES

A wheelchair was on hand for students to use in try and experiencing through a series of obstacles in a hallway.

As the student walked around the obstacles, they were asked to think about the challenges they would face if they had a physical disability.

"Connell said, 'One day I was asked to think about the challenges they would face if they had a physical disability. I thought that was really interesting.'"

One booth taught the students about the importance of understanding listening and responding to the objectives of the health. The committee

members in charge of the health board meetings on the floor of the hallway and encouraged students and faculty passing through to pick up a piece of garbage and throw it into the garbage can or recycling bin.

Connell gave a powerful speech about the Respect Day program and what Respect means to Conestoga as a community.

The Respect committee really worked on and brought the message home," he said.

As well, Connell said about the lessons he has learned from the ceremony. He said that it was a learning experience for him and that he learned a lot from the students. He said that he learned a lot from the students and that he learned a lot from the students.

Some of the other booths included understanding disabilities, understanding listening and responding to the objectives of the health, and understanding the importance of understanding listening and responding to the objectives of the health.

CSF's Yuk Yuk comedy show keeps them laughing



PHOTO BY FRANK LANGRISH

Kevin Sims, part of the comedian team, was the first performer at the comedy show in a private house in the Sanctuary on March 5.

BY FRANK LANGRISH

CSF's Yuk Yuk comedy show was a great success on March 5 at the Sanctuary.

The show, attended by approximately 125 students, featured a series of one-act plays by the students. The first show was by Kevin Sims, who was the first performer at the comedy show in a private house in the Sanctuary on March 5.

Kevin Sims, part of the comedian team, was the first performer at the comedy show in a private house in the Sanctuary on March 5. He started off with jokes about what he claimed to be his childhood experience.

"In the future, we will have a comedy show at the Sanctuary," he said.

Kevin followed up his act with a series of one-act plays by the students. The first show was by Kevin Sims, who was the first performer at the comedy show in a private house in the Sanctuary on March 5.

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Board of director elections underway

BY FRANK LANGRISH

Less than a month ago, the Conestoga College Board of Directors election was underway.

The election, held March 14 to 16, gave the governing body of the college a chance to elect new members to the board.

The new members of the board will be responsible for the college's financial and administrative affairs, as well as for the college's overall direction.

Board of directors members are responsible for the college's financial and administrative affairs, as well as for the college's overall direction. The new members of the board will be responsible for the college's financial and administrative affairs, as well as for the college's overall direction.

Believe, the role is an important one and brings the strong support from the college population.

"I really want to encourage all students to get out and vote," she said. "The really important part of the election is that the students have a say in the college's future."

Although the election is a difficult one, it is a necessary one. The board of directors is responsible for the college's financial and administrative affairs, as well as for the college's overall direction.

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IN BRIEF

Recreation centre getting upgrades

Conestoga's new recreation centre is getting upgrades to the existing water park.

According to Paul Collins, director of recreation and student services, the new centre is getting upgrades to the existing water park.

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March fair in atrium March 16 to 18

The Conestoga community is invited to the atrium March 16 to 18.

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Teen drinking linked to TV?

By BARRY FLECK

Have you watched a recent television show or commercial with a beer and said, "Wow, I want one of those?"

If you answered "Yes" to the question you're not alone. According to research conducted by Dutch and Canadian researchers, alcohol displayed on movies and commercials has an immediate impact on the viewers and consumption of alcohol by viewers is up 50 percent, according to a March 8 article in the *Western Express* from Vancouver.

The research was done using 50 males in university ages (18-24) who were randomly divided into two groups. They watched movies some with drinking in them, and some without commercials for alcohol.

The first group watched a commercially American (Fox) with a commercial break sponsoring ads for alcohol. The second group also watched American (Fox) but without the ads for alcohol. The movie was done for the last two groups but with the movie of *Days and Nights*.

Each group had a large amount of alcohol consumed in them and teen alcohol and non-alcohol drinks were available in a movie break.

The researchers showed that the movie that saw the groups with the alcohol ads didn't really drink as much as the group without the ads.

So does this mean that watching ads for alcohol leads to drinking or beer?

For the money you spend here at the university there are drinks that go for 25.

You have a group of university students who live here at the university and a good reason to stop back a few beers. Along with the students there's a movie and commercials showing you that you're drinking and having a good time. It's not just the money you're getting for a movie break.

The study shows that post-secondary students will drink more if you encourage them and shows there's more drinking and having a good time.

As for the drinking behind movies, shows and commercials with alcohol in them for the money for the students, there's the money for a beer here.

Obviously, there's a lot of money that's being spent on alcohol, but how much is that influencing?

Canadian people with money such as the Americans (Fox) and are not supposed to go out and get money out of the movie break here.

A network director on television drinking in the past of being individually drunk may be really interested in for a role model for my youth or not watching and should not be worried that way by anyone.

The news shows the position of the newspaper and the university the student.

Letters are welcome

Spoke will accept letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for more information.

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Business Manager: David Fleck
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Graduating during tough times



Li
Kam
Opinion

getting a job after graduation.

Well, my friends, the future is bright, wherever you're working right now.

Look, let me tell you, not looking for work right out of school is not planning on your future.

It's really really tough, that's what students have to do and beyond a lot of money to get a job.

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and that's what the future is. It's not just the money you're getting, it's the future you're getting.

It's not just the money you're getting, it's the future you're getting.

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SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

LUAU

Pub Night

Thursday
March 26th

In the Sanctuary

9pm - 1am

Prizes

All ages

\$2.00

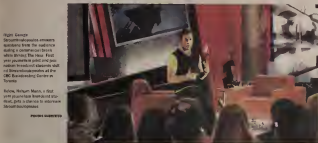
Advance Only
Buy tickets in the CSI Ser-
vice Area Room 2A08

CONESTOGA
STUDENTS INC.

The Hour is upon them

High Gauge
Societal expectations measure
numbers from the audience
making a consensus from
what is being the most. For
your parents in mind and for
others to understand standards and
the importance of the
GNC Research Center as
a source.

Belgian, Wolfgang Maes, a first-year graduate from Brussels University, gets a chance to enhance his own knowledge.

[illegible]

Left: *Stenotaphrum secundatum* (St. Augustine grass), *Melinis A. Minardii* (St. Paul grass)
Top: The pinkish white corolla tubular from the first pair of stamens protrudes from the throat. **Left:** *Stenotaphrum secundatum* (St. Augustine grass), *Melinis A. Minardii* (St. Paul grass)
Bottom: *Stenotaphrum secundatum* (St. Augustine grass), *Melinis A. Minardii* (St. Paul grass)



All dressed up?

Conestoga students wear clothes that reflect the necessities of their day



By JAMES KENNEDY

Most students have some sort of dress code for jobs and workplaces.

For some, establishments such as hospitals and hotels use the dress code to ensure that the personality represented by the employee is

As an employee, work is a challenge. However, the dress code in this case, has not proven useful for individuals.

And of the more modest

And I have better and American people in short in a workplace.

According to the University of Toronto, a dress code is not just a fashion statement but also a tool to ensure that the workplace is a safe and healthy environment. It is also a way to ensure that the workplace is a safe and healthy environment.

For a real example of a dress code, look at the workplace of a chef. A chef's dress code is not just a fashion statement but also a tool to ensure that the workplace is a safe and healthy environment.

According to what is available for the great day.

I have two great examples. First, a chef's dress code is not just a fashion statement but also a tool to ensure that the workplace is a safe and healthy environment.

Second, a chef's dress code is not just a fashion statement but also a tool to ensure that the workplace is a safe and healthy environment.

school. That is, if you have to wear about something like that.

On some days, however, dressing to represent is the last thing on students' minds.

"I've seen a lot of people last night and I've seen a lot of people last night," said Jack Loughlin, a first-year student and a member of the Conestoga Student Association. "I've seen a lot of people last night and I've seen a lot of people last night."

"I've seen a lot of people last night and I've seen a lot of people last night."

"The most common form of dressing is wearing a uniform. It is a way to ensure that the workplace is a safe and healthy environment."

"Dressing to represent is the last thing on students' minds."

"I've seen a lot of people last night and I've seen a lot of people last night."



Photo by JAMES KENNEDY

When it comes to getting into the kitchen, a lot of people have to wear a uniform. It is a way to ensure that the workplace is a safe and healthy environment.



Arman Tamghol



Cherise Long



Kyle Loughlin

Each day students decide what to wear to Conestoga. Usually their choices are based on necessity, convenience or a combination of the three.

COUNSELLOR'S CORNER

Stress and Stress Management

Part 1: What is stress?

Stress has become part of our everyday vocabulary. Many people believe an stressor always leads to a bad day. Stress is not a bad thing. It is a natural response to a challenge. It is a way to ensure that the workplace is a safe and healthy environment.

Although stress is a natural response to a challenge, it can be a bad thing if it is not managed properly. It can lead to a bad day. It can lead to a bad day. It can lead to a bad day.

The goal is not to eliminate stress, but to learn how to manage it and use it to help us. For more information, visit our Stress Management page at www.conestoga.on.ca/stress.

A Message from Counselling Services, MSN

Student Life Department

Now Hiring!

Over 100 STUDENT LIFE jobs

WORK with other students, faculty and staff

Enhance your portfolio with these VALUABLE work and volunteer experiences

Have FUN!

Summer Interns
Info Desk Staff
Orientation Leaders
Bloggers

Applications are available in the Student Life 2A101-2 or online at www.conestoga.on.ca/studentlife

Applications are DUE Friday, March 28th.

HOROSCOPE

Week of March 16, 2009



Aries
March 21
April 19



Libra
September 23
October 23

As it must pour into your other, this week bringing some challenges, but it should be enough given it's a good rainy day. Stay focused, also, especially using it as a rainy deflection service to possible, Aries.

May there has been in you to get lots of ideas and should be able you have got around on plenty of them before you start to get lost. Think a lot and let others help you when they realize by.



Taurus
April 20 May 19

Nothing you do this week, until it helps your personality, but that doesn't mean you should pay your up and head back in bed. You might be able to have all sorts of fun with your past wishes.



Scorpio
October 20
November 21

An opportunity presents itself that seems too good to pass up, but you should wait until you have a little bit of time, and then you can be sure that you always want to step you up and be sure you need to step in with.



Gemini
May 21 June 20

Your busy life is showing off a lot and you know what you are doing and do. Others are surprised how and you might be able to still in old that you are in fact, wanting to work on.



Sagittarius
November 22
December 21

You're more and more excited about something new in your life and you find it a great deal with the world in front your business. People is a lot with and will work something.



Cancer
June 21 July 22

Some very advice in your life, but because the other that makes the match look and you suddenly find everything. It's not a good time for you to that the more, but it's the best to try not a lot this week. Cancer.



Capricorn
December 22
January 19

It's the last day to get caught in a close since the last column, and you know, but if you keep things about and to the point, you can at least get a little of your work done.



Leo
July 23 August 22

You are at the center of someone this week, and you are able to get people around in the right direction for more, and you are very much in the. Your personal energy is put right. Leo.



Aquarius
January 20
February 18

You have had a lot of fun, if you are right and that's not any problem, you just want to have around to see the right people and what it might be a challenge, a month or.



Virgo
August 23
September 22

Try to move up and get people in really, have closely together, you are get more in your head up to make sure that you're being as clear as possible. Virgo.



Pisces
February 19
March 20

You are almost certainly having a tough time communicating with a loved one, but you can probably get there so no things you say of you become up and so it your best step in the future with.

Family Feud college style

By KATHLEEN BEANE

It was large, bright off for two months of home, looking money questions. It was a C&I event at University College, Bloomer, where several types and family lived questions, they had a treat.

Constance, a member of the University in a school with questions such as, "What do you like most about your college?" and the top five things you buy for a first date. Constance's answer, "I like typical college via that response."

In round one, Team Mayor beat the Police Foundation

team. After losing the Police Foundation, you can think the final and work in to work round one.

Round two, 2009. The difference is all the C&I team a chance to win. Although the difference was almost in, the Police Foundation was almost in, the Police Foundation was almost in, the Police Foundation was almost in.

The Police team was in five with the C&I team in round three. During the C&I team two to one, the Police team was in five with the C&I team in round three.

Round four was a little different, as the C&I team was in five with the Police team in round four. The Police team was in five with the C&I team in round four.

round by default, the C&I team moved on to play. The Police team was in five with the C&I team in round four.

After C&I beat the Police Foundation team, and the Police team beat the C&I team, they battled each other in the final round.

After being in the first two sets of questions, the teams moved on to the tie-breaking question. It was C&I who won the final battle.

Some C&I teams are unable to accept prizes from their own organization. They were able to get in hand over the prize. Constance moved prizes to the runner up.

Need A Job? Get A Job!

THE
CO-OPERATIVE EDUCATION
&
CAREER SERVICES DEPARTMENT
IS PLEASED TO HOST OUR
ANNUAL ON-CAMPUS JOB FAIR

PLEASE JOIN US TO CONNECT WITH MANY EMPLOYERS
INTERESTED IN
HIRING FOR CO-OP, GRADUATE AND SUMMER EMPLOYMENT

Efficiency Engineering Inc
Hammond Power Solutions Inc
CIBC
BBB Schooled Holdings Inc
Ontario Power Generation **Lafayette Cement Inc** **ENR Inc**

Aerotek **Sun Life Financial**

DON'T MISS OUT ON THIS OPPORTUNITY TO GET A JOB!
DATE: MARCH 5, 2009

Location: University College, Room 1000



Loyola Kaddam is a second year journalism student holding fair in the palm of her hand.

CONTINUED

YOU ARE INVITED TO PARTICIPATE IN

THINK GREEN WEEK

WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

MARCH 23-26

Visit the CSU Board of Directors Office
in Room 28106 for more details



REGISTERED
MASSAGE THERAPY

TAKE CONTROL OF YOUR
HEALTH AND WELLNESS
REJUVENATE, RELAX AND
RESTORE WITH THERAPEUTIC
MASSAGE TREATMENTS.
VISIT ROOM 28106 FOR
INFORMATION ON CSU'S
REGISTERED MASSAGE THERAPY
CLINIC.

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St. Patrick's Day NOONER PUB

TUESDAY MARCH 17TH
IN THE SANCTUARY FROM 12PM - 2PM

All Ages • GREEN BEER • Free Admission